

## YOUR COMMENTS & HELP:

Whilst working with MST you will be asked each month how MST is working with your family. Your valuable feedback helps us to keep improving the service. We are also engaged in research about the effectiveness of the program and your voluntary participation in the research remains confidential and is highly valuable.

### The MST Health South Team covers these areas:

**Rockingham:** Baldivis, Coolesongup, East Rockingham, Garden Island, Golden Bay, Hillman, Karnup, Peron, Port Kennedy, Rockingham, Safety Bay, Secret Harbour, Shoalwater, Singleton, Waikiki, Warnbro.

**Mandurah:** Barragup, Bouvard, Clifton, Coodanup, Dawesville, Dudley Park, Erskine, Falcon, Furnissdale, Geogrup, Greenfields, Halls Head, Herron, Lakelands, Madora Bay, Mandurah, Meadow Springs, Parklands, San Remo, Silver Sands, Stake Hill, Wannanup, Waterside.

**Kwinana:** Anketell, Bertram, Calista, Casuarina, Hope Valley, Kwinana Beach, Leda, Mandogalup, Medina, Naval Base, Orelia, Parmelia, Postans, The Spectacles, Wand, Wellard.

### The MST Health North Team covers these areas:

Alexander Heights, Alkimos, Ashby, Ballajura, Banksia Grove, Beldon, Burns Beach, Butler, Carabooda, Carramar, Clarkson, Connolly, Currambine, Darch, Edgewater, Eglinton, Girrawheen, Gnaragara, Heathridge, Hocking, Iluka, Jandabup, Jindalee, Joondalup, Kinross, Koondoola, Landsdale, Lexia, Madeley, Marangaroo, Mariginiup, Melaleuca, Merriwa, Mindarie, Mirrabooka, Mullaloo, Neerabup, Nowergup, Ocean Reef, Pearsall, Pinjar, Quinns Rocks, Ridgewood, Sinagra, Tamala Park, Tapping, Two Rocks, Wangara, Wanneroo, Whiteman, Yanchep.

For further information on how to refer:

#### Fremantle MST Office

Program Manager - 9431 3781  
PO Box 480 FREMANTLE WA 6959

#### MST Health South Team

Clinical Manager - 9528 0535  
PO Box 288 Rockingham WA 6968

#### MST Health North Team

Clinical Manager - 9403 1222  
PO Box 335  
HILLARYS WA 6923

You can obtain more information about  
Multisystemic Therapy via:

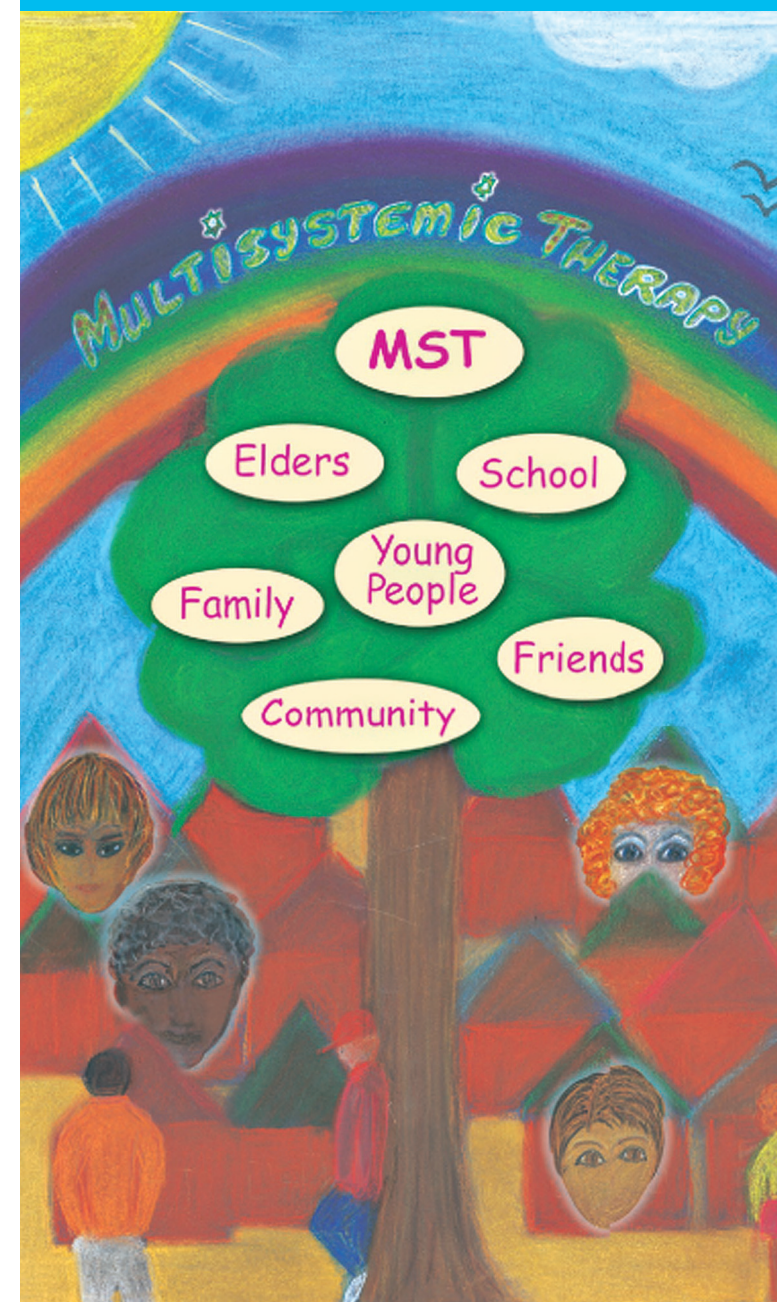
[www.mental.health.wa.gov.au](http://www.mental.health.wa.gov.au) or [www.msts services.com](http://www.msts services.com)



Government of **Western Australia**  
Department of **Health**

South Metropolitan Area Health Service – Mental Health  
Multisystemic Therapy (MST) Program

An initiative of the Mental Health Strategy 2004-2007



## MST - Multisystemic Therapy



MST offers an intensive community based service for families with young people between the ages of 11 and 16 years (sometimes 10 & 17 year olds) experiencing serious behavioural problems.

MST works intensively with parents, caregivers, schools and the community to help families develop the necessary skills to independently address their difficulties.

Although we mainly work with your family, we also work with other people in the young person's life including friends, teachers and principals, workplace trainers, local community groups, government agencies and other support services.

## Young people who are referred to MST may:

- Have frequent problems with anger and/or antisocial behaviour
- Use or abuse alcohol or other substances
- Have been excluded from school or are at risk of school exclusion
- Have been involved with other agencies in the past with limited success
- Be at risk of homelessness or out of home placement

## How does MST work with families?

- We visit the family 3 to 4 times a week
- We work together towards achieving your goals
- We work with you in your home and in the community
- We will visit you at times when it is more suitable for you
- We are available via phone 24 hours, seven days per week for consultation
- We will work with your family for 3 to 5 months depending on requirements
- We only use interventions which are well researched and are evidence-based
- We mainly work with the parent/primary caregiver as evidence shows they are the key to long term positive outcomes for the young person after we complete services.
- We engage families by using non-blaming, strength based language and strategies

## MST Clinicians work with families to address issues including:

- Problems with school or employment
- Couple and family relationships
- Negative peer pressure
- Frequent school truancy
- Domestic violence
- Antisocial behaviour
- Alcohol and other drug use
- Parenting difficulties
- Interpersonal aggression
- Developing links with local services

**MST Clinicians collaborate with other agencies where necessary to help families achieve their desired outcomes for the young people.**

## They include:

- Education / School Systems
- Social Service Systems
- Community Recreation Groups
- Job Providers
- Child and adolescent mental health services (CAMHS)
- Other health providers

